

Poetry.

THE WINDING RIVER

Beneath the quaint old bridge you hear
The waves make music as they pass;
And winding to the elm tree near,
You see the pathway through the grass
Where we were wont to walk, alas!

The river wanders as of old
Beneath the shade of willow trees;
The sunlit waters gleam like gold,
And ripple to the gentle breeze;
But I am far from thee and these!

The sky bends over, broad and blue,
And in the soft and mellow light
You tread the lane our footsteps knew
In former times, when days were bright;
Do these days bring such sweet delight?

And still that lane with grass is green,
With fragrant flowers the banks are fair;
In golden gloss and silver sheen
The bees still haunt the balmy air;
But you will fail to find me there.

Again, perchance, I may not see
The rustling rows of willow trees
(Which lent a leafy canopy
When we strolled underneath at ease);
For I am far from thee and these.

Our joys forsake us. Soon does spring
Pass by and for the summer call;
Soon do the birds lose heart to sing,
When fading leaves in autumn fall;
And winter is the end of all.

Household.

SCALLOPED CODFISH.

Mix together two teaspoons of mashed potatoes, $\frac{1}{2}$ teaspoon of cold boiled codfish, $\frac{1}{4}$ teaspoon of milk, one-half egg, and one-quarter of a teaspoon of butter; bake a light brown.

SUGAR CAKES.

Three coffee-cups of sugar, five eggs and one cup of butter; beat very light, then add one nutmeg grated, flour enough to roll, one-fourth of a cup of water and two teaspoons of baking powder.

RICE PUDDING.

Three tablespoonfuls of dry rice, half a cup of sugar, one quart of milk, put in a pan, flavor with lemon or vanilla and bake in a slow oven four hours without stirring. Serve either hot or cold.

MUFFINS.

One pint of milk, two beaten eggs, two tablespoonfuls of melted butter, two tablespoonfuls of sugar, two teaspoons of cream tartar, one teaspoon of soda, flour enough to make a batter that will drop from the spoon.

CORN-STARCH CAKE.

Two cups of pulverized sugar, three-fourths of a cup of butter; stir to a cream; one cup of milk, the whites of seven eggs beaten to a stiff froth, two cups of flour, one of corn-starch and two teaspoons of baking powder. Flavor with lemon or orange.

BREAKFAST GEMS.

One cup of sweet milk or water, one egg, one tablespoonful of sugar, one heaping teaspoonful of baking powder and a pinch of salt beaten well together. Add about $\frac{1}{4}$ cups of flour, stir thoroughly, and bake in hot gem pans in a hot oven about fifteen minutes.

BAKED APPLES.

Pare one dozen cooking apples, cut in halves and remove the core, lay in a buttered baking dish, cover with sugar; take one-half cup of butter; rub one tablespoonful of flour into it and add one pint of boiling water, pour over the apples and bake until the apples are tender.

CINNAMON CAKE.

Whites of two eggs, one cup of sugar, one cup of milk, one-half cup of butter, $\frac{1}{4}$ cups of flour, two teaspoons of baking powder. When baked spread the top and sides with icing made of the yolks of two eggs, three-fourths of a cup of brown sugar, one teaspoonful of ground cinnamon.

LEMON PUDDING.

Take the yolks of six eggs well beaten, with a quarter of a pound of sugar; take a quarter of a pound of butter melted in as little water as possible; keep stirring it till cold, then mix all together with the juice of two lemons and the grated peel. Cover the dish with a thin puff paste, pour in the mixture, and bake it for half an hour.

MINCE MEAT.

Use two bowls of chopped apples, one of chopped meat, one-fourth pound chopped suet, the grated rind and juice of one lemon, two teaspoons molasses, one large teaspoon each of cinnamon and clove, one nutmeg grated fine, one pound stoned or seedless raisins, half pound of currants, one-fourth pound citron cut fine, one quart of cider, and sugar and salt to taste.

OYSTER CROQUETTES.

Scald and chop fine the hard part of the oysters (leaving the other part and liquor for soup); add an equal weight of mashed potatoes; to one pound of this add a lump of butter the size of an egg, a teaspoonful of salt, half-teaspoonful of pepper, and quarter of a teaspoon of cream. Make in small cakes, dip in egg, and then in bread crumbs and fry like doughnuts.

SQUASH BISCUIT.

One pint of strained squash, one-half cup of yeast, one small cup of sugar and a piece of butter the size of an egg. Beat the squash, butter and sugar thoroughly, add yeast and beat again, add flour till quite stiff to stir with a spoon, let it stand over night; in the morning put in gem pans, or make into biscuit, let rise and bake. These should be eaten while hot.

ORANGE CAKE.

Two cups each of sugar and flour, one-half cup of water, a pinch of salt, yolks of five eggs, whites of three tablespoonfuls of baking powder, and the grated

rind and juice of one orange. Beat the whites and add sugar as for frosting, and the grated rind and juice of one orange. Bake the cake in layers and put frosting between. You can use only one-half an orange for the cake and the other half in the frosting.

STEAM PUDDING.

Take one egg, one half cup of sugar, one tablespoonful of melted butter or meat fryings, two teaspoonfuls of baking powder, and a pinch of salt, and stir well together; then add one cup of cold water, and one-half cup of dried fruit or raisins, and thicken some stiffer than cake. Mix it in the dish that you cook it in and steam 1 1-2 hours. Have the water boiling all the time, and don't take off the steamer or lift the lid.

CREAM TAPIoca PUDDING.

Soak three tablespoonfuls of tapioca in warm water two hours, then stir it into one quart of boiling milk, let it boil fifteen minutes; beat together the yolks of four eggs and one cup of sugar, stir them into the pudding, and flavor with lemon or vanilla extract; pour all into a baking dish. Beat the whites of the eggs with three tablespoonfuls of sugar to a stiff froth, put this over the pudding and bake five minutes.

HINTS TO HOUSEKEEPERS.

The high four-posted beds of a century ago are again popular.

Put salt in the water to prevent black calicoes from fading when they are washed.

Half a teaspoonful of common salt dissolved in a little cold water and drunk will instantly relieve heartburn.

The best bathrooms have a natural wood floor, or are covered with oilcloth or something of that kind of material.

Decayed vegetables should not be left in the cellar, and cellars should be white-washed to be kept sweet and clean.

A good substitute for buttermilk is a thin batter made of flour and tepid water, and allowed to remain long enough to sour.

No matter whatever fancy soap may be on the washstand, a piece of old brown Windsor or white Castile should find a place on it also.

When laid away for any length of time, linen should be washed, rough dried without bluing, and laid in loose folds without much weight on it.

Many very fine cooks will not use baking powder, soda or cream of tartar in cake making, while others think it impossible to do without it.

Since so many women have to spend so much of their lives in the kitchen it should be made a place of comfort. Be sure and have a lounge or easy chair there.

For a good tooth powder mix together one ounce of powdered orris root, one dram of gum camphor, two drams of powder myrrh, half an ounce of prepared chalk.

Table linens should always be hemmed by hand. Not only do they look more dainty, but there is never a streak of dirt under the edge after being laundered, as with machine sewing.

Buttonholes in children's garments are apt to tear out, especially in waists and drawers bands. If you will stitch a strong cord immediately in front of the buttonholes you will have no more trouble of this kind.

For a burn or scald, make a paste of common baking soda and water, apply at once and cover with a linen cloth. When the skin is broken, apply the white of an egg with a feather; this gives instant relief, as it keeps the air from the flesh.

Great care should be taken in washing milk cans, and all vessels into which milk is set, as milk "turns" very readily when put in an unclean dish. Wash first in cold water, second in a strong solution of soda and water, and then in clean tepid water. Wipe dry, and if possible set out of doors to sun and air.

Women who do their own work regard their rough hands with great distress. To make and keep them soft wear old gloves at night, just rubbing in an ointment made by beating the white of an egg to a froth and stirring it into a cup of melted lard to which is added one teaspoonful of glycerine. Keep the mixture in a venerated jar, excluding the light. Perfume may be added.

This country opens wide its arms to the industrious emigrants, but has no room for the pariahs of European society. The man who comes to take advantage of the opportunities here afforded to honest, industrious efforts, and to become so far as he individually can a contributor to the country's as well as his own advancement, will find a cordial greeting; but it has no place for the Mosts, the Schwabs and others of that like, and the sooner the better it will be for our national credit and for the capacity of the shallow-pated fools who are liable to be misled by their incendiary diatribes. When individual hospitality is violated, the undesirable guest is politely and promptly shown the door, and the violation of national hospitality by such unwelcome intruders should meet with the same summary ejection.—*American Cultivator*.

TO MAKE GOOD DAIRY BUTTER.

As good butter can be made from a few cows as from many if perfect cleanliness is used throughout the process from milking to the package. Tin utensils must be kept bright, and well aired after scalding, and all utensils of wood should be washed, scalded, wiped perfectly dry, and kept so until used again. Good butter can never be expected if the temperature is allowed to rise above 60 degrees, and during the rising of the cream, the temperature should be kept at 50 degrees, or better if lower. Hence ice is essential when it can be commanded, and five farmers out of six can have ice by building a cheap ice-house twelve feet square inside, at a moderate cost. The milk being drawn from the cow, carry it immediately to the dairy room, and if the cream is to be raised in submerged cans, strain directly therein, and set in the vat of cold water. When the milk is of a temperature of 60 degrees, raise the water to cover the cans. If to be raised in the open air, set into vats of cold or ice water until cooled to 60 degrees, and then place the pans where they are to stand—raising the cream in the open air is, however, not advised. Cabinet creameries are far better, are compact and moderately cheap.

The cream being raised, keep it at 60 degrees until ripened, stirring all thoroughly together until ripened. At this temperature it will ripen in two or three days, but cream must not be added within twelve hours of the churning time. Churn at 57 degrees, a little higher, say 60 degrees in winter. Churning should be completed in thirty or forty minutes.

As soon as the butter begins to form, say of the size of pin heads, add about a gallon of cold water to each ten pounds of butter expected, and continue the churning until the butter grains are the size of buck shot. If the butter comes firm, draw off the buttermilk through a strainer, and let the butter drain in the churn for ten minutes. If not firm, wash with very cold brine, and drain off. Then carefully lift the butter from the churn, weigh, and add from one-quarter of an ounce to half an ounce of pure ground salt to the pound, according to taste required, after the butter has still further drained on the butter worker.

The moisture being fairly well pressed out of the butter, by the worker, set it away for three or four hours where the temperature will not rise, and again work quite free of moisture. This may be assisted by occasionally passing a dry linen cloth over the worker. The butter is then ready for packing or making into rolls as may be desired; but if butter is expected to keep perfectly sweet and sound between the maker and consumer, it must be kept from contact by air, and at a temperature not above 55 degrees. If coloring is desirable, the color must be added to the cream before churning and thoroughly stirred in. Be careful not to color too high—below the color of grass butter in June, if in the winter. The overcoloring of butter is a fraud, and one that deceivers no sensible person now-a-days. Butter made by this system is waxy, close in texture, clear in color, pure in flavor, will keep well and command the highest price in the market, once the reputation of the market is established.—*Farm Field and Stockman*.

HOW TO PROVE THE EARTH'S MOTION

Any one can prove the rotary motion of the earth on its axis by a simple experiment, for making which an educational journal of Frankfurt, Germany, gives the following directions: "Take a good-sized bowl, fill it nearly full of water, and place it upon the floor of a room which is not exposed to shaking or jarring from the street.

"Sprinkle over the surface of the water a coating of lycopodium powder a white substance, which is sometimes used for the purpose of the toilet, and which can be obtained at almost any apothecary's. Then, upon the surface of this coating of powder, make, with powdered charcoal, a straight, black line, say an inch or two inches in length.

"Having made this little black mark with the charcoal powder on the surface of the contents of the bowl, lay down upon the floor, close to the bowl, a stick or some other straight object, so that it shall be exactly parallel with the mark. If the line happens to be parallel with a crack in the floor, or with any stationary object in the room, this will serve as well.

"Leave the bowl undisturbed for a few hours, and then observe the position of the black mark with reference

to the object that it was parallel with. "The earth, in simply revolving, has carried the water and everything else in the bowl around with it, but the powder on the surface has been left behind a little. The line will always be found to have moved from east to west, which is perfectly good proof that everything else has moved the other way."—*Etc.*

RELIABLE HINTS FOR GOOD HEALTH.

The best blood purifier known to the medical profession is the following: 1. Plenty of cold water ablutions; that is, every morning of the year take a cold water sponge bath over the whole body, followed by vigorous rubbing with a coarse towel, using quick, brisk action, the whole process not taking more than three minutes' time. In dressing, wear flannel next to the skin throughout the year. 2. Eat plenty of plain, nourishing food, plenty of rare beef and mutton, partaking freely of fruits, fresh or stewed, and of vegetables, particularly the summer vegetables, as being more digestible; ignore artificial sweets of all kinds, pies, hot puddings, pastries, heavy preserves, etc. 3. Plenty of outdoor exercise every day; take good, long walks, not to over-fatigue, however; plenty of fresh air and sunshine; plenty of ventilation to your house and rooms at all times, day and night. Let the fresh air into your sleeping-room at night, in winter as well as summer, and see to it in every way that you breathe pure oxygen every hour out of the twenty-four, instead of carbonic-acid-gas poison. Take plenty of sleep and at regular hours, and strictly avoid alcoholic drinks and tobacco in any form.

"These four (daily cold water bathing, good food, fresh air and exercise) form together the only specific blood purifier known. Medicines, drugs and herbs will not alone purify the blood. The most they can do is sometimes to assist nature in making a start on the right road."—*The Farm and Fireside*.

PURIFICATION OF DRINKING WATER.

The use of alum to clear muddy water has long been known, but Professor Leeds, in the course of an investigation on an outbreak of typhoid fever at Mount Holly, N. J., discovered another value in its use which may be very important. He found that the water which was supplied to the inhabitants of Mount Holly was swarming with bacteria, about fifteen drops being capable of forming 8,100 colonies of these microscopic germs when spread upon a suitable surface. He tried the experiment of adding a minute amount of alum to this water in the proportion of only half a grain to a gallon, and found that not only was the dirt and coloring matter precipitated, but that instead of the same quantity of water containing 8,100 colonies of bacteria, it contained only 80, and these were all of a large form. On filtering the water through two thicknesses of filtering paper he found that the filtered water contained no bacteria, but was "as sterile as if it had been subject to prolonged boiling." This amount of alum is too small to be evident to the taste, and is not harmful to the health. If his observations shall remain unrefuted, they may form a valuable method of purifying polluted drinking water.—*New York Post*.

WHEN A MAN WEIGHS MOST.

According to experiments carried out by the Belgian savant, Quetelet, a man attains his maximum weight toward his 40th year, and begins to lose it sensibly toward his 60th year. A woman, however, does not attain her maximum weight until her 50th year. The age at which people attain their maximum weight and the weight itself differ in the different classes of society. In the affluent classes the average maximum weight is 172 pounds, and is attained at 50 years of age. In the artisan class it is 154 pounds, attained at 40. Among farm laborers it is 171 pounds, attained at 60. In the general classes it is 164 pounds, and is reached between 40 and 50 years of age.—*Chicago Tribune*.

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TRAINS RUN BY 75° MERIDIAN TIME.

TRAINS GOING SOUTH.

Sept. 4th, 1887.	No. 50, Daily.	No. 52, Daily.
Leave New York...	12 15 a m	4 30 p m
Leave Philadelphia...	7 20 a m	6 57 p m
Leave Baltimore...	9 45 a m	9 42 p m
Leave Washington...	*11 24 a m	11 00 a m
Leave Charlottesville...	3 35 p m	3 00 a m
Leave Lynchburg...	5 50 p m	5 20 a m
Leave Richmond...	8 10 p m	2 30 a m
Leave Burkeville...	5 17 p m	4 23 a m
Leave Keysville...	5 57 p m	5 05 a m
Leave Drake's Br'ch...	6 13 p m	5 21 a m
Leave Danville...	8 50 p m	8 05 a m
Leave Greensboro...	10 44 p m	9 48 a m
Leave Goldsboro...	3 30 p m	8 10 p m
Leave Raleigh...	5 50 p m	11 00 a m
Leave Durham...	6 52 p m	2 37 a m
Arrive Chapel Hill...	13 15 p m
Arrive Hillsboro...	7 25 p m	3 32 a m
Arrive Salem...	17 20 p m	6 30 a m
Arrive High Point...	11 16 p m	10 16 a m
Arrive Salisbury...	12 37 a m	11 23 a m
Arrive Statesville...	12 31 p m
Arrive Asheville...	5 38 p m
Arrive Hot Springs...	7 35 p m
Leave Concord...	1 26 a m	12 01 p m
Leave Charlotte...	2 25 a m	1 00 p m
Leave Spartanburg...	5 28 a m	3 34 p m
Leave Greenville...	6 43 a m	4 45 p m
Arrive at Atlanta...	1 20 p m	10 40 p m

*Daily.

TRAINS GOING NORTH.

Sept. 4th, 1887.	No. 51, Daily.	No. 53, Daily.
Leave Atlanta...	7 00 p m	8 40 a m
Leave Greenville...	1 01 a m	2 34 p m
Arrive Spartanburg...	2 13 a m	3 45 p m
Arrive Charlotte...	5 05 a m	6 25 p m
Arrive Concord...	6 00 a m	7 25 p m
Arrive Salisbury...	6 44 a m	8 02 p m
Arrive High Point...	8 28 a m	9 40 p m
Arrive Greensboro...
Arrive Salem...	*11 40 a m	12 34 a m
Arrive Hillsboro...	12 06 p m	12 44 a m
Arrive Durham...	12 45 p m	1 45 a m
Arrive Chapel Hill...	13 15 p m
Arrive Raleigh...	2 10 p m	4 35 a m
Arrive Goldsboro...	4 33 p m	11 45 a m
Arrive Danville...	10 10 a m	11 29 p m
Arrive Drake's Br'ch...	12 44 p m	2 44 a m
Arrive Keysville...	1 00 p m	3 03 a m
Arrive Burkeville...	1 40 p m	3 55 a m
Arrive Richmond...	3 45 p m	6 15 a m
Arrive Lynchburg...	1 15 p m	2 09 a m
Arrive Charlottesville...	3 40 p m	4 10 a m
Arrive Washington...	8 23 p m	8 10 a m
Arrive Baltimore...	11 25 p m	10 05 a m
Arrive Philadelphia...	3 00 a m	12 35 p m
Arrive New York...	6 20 a m	3 20 p m

†Daily except Sunday.

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